



- Survivors may experience a heightened sense of anxiety during this time, agencies should be prepared for the potential of an increase in crisis calls.
- Survivors who are self-quarantined, whether by choice or requested, may experience heightened anxiety being confined in a space, particularly if the victimization occurred in their home. Survivors may also be in a space where there is someone causing them harm and the crisis line may be their only form of support. Individuals who answer the crisis line should be prepared to help survivors manage symptoms and create emotional/physical safety plans.
- Due to the possibility of an increase in crisis line calls and the supportive counseling skills crisis line workers may need to employ, agency leadership should consider communicating with their crisis line staff/volunteers about ways to safely debrief with their supervisors and crisis line rotation among staff.

Source: <http://nccasa.org/announcements/covid-19-updates/>

Potential Impacts on Survivors



1. Social isolation means staying at home, but homes can be unsafe.



2. Vulnerable people may be forced to engage in survival sex.

3. Loss in income may force victims to continue living with abusers.



4. Extreme stress in emergencies can trigger trauma.

5. There may be more barriers for victims to access sexual and domestic violence services—but those services are still available!



6. Children are more likely to witness and experience violence.



For an extensive list of resources please visit: ccasa.org/resources/crisis-management-resources/

- Colorado 211 Helpline: Economic, food, housing, and crisis assistance resources available. Confidential crisis counselors available 24/7, Call: 719-955-0742 or call 1-844-493-8255
- Colorado Housing Connects: When you have questions about your rent, or your mortgage. A bilingual representative is available to assist 1-844-926-6632.
<http://www.coloradohousingconnects.org/>
- Children's Hospital Colorado ParentSmart Healthline 720-777-0123
- HealthOne 303-563-3300 Denver Metro Area; 877-647-7440 Outside of Denver
- Rio Grande Hospital Nurse Line 719-657-4990
- San Luis Valley Health Nurse Line 719-589-2511, ext 9
- Rocky Mountain Regional VA Medical Center Nurse Health Line 888-336-8262
- Banner Health 844-259-9494 Services available to all residents of Colorado.
- Centura Health Connections 888-808-8828
- Clinica Colorado English or Spanish: 720-443-8461
<http://clinicacolorado.org/appointment-cita/>
- Denver Health 303-739-1211
- National Indigenous Women's Resource Center – Resources in Response to COVID-19: 406-477-3896 Toll-Free 855-649-7299
<https://www.niwrc.org/news/resources-response-coronavirus-covid-19>

Self-Care

- [This Yoga Sequence Will Reduce Stress and Boost Immunity](#) via Yoga Journal
- [Three ways to rest the mind so you can experience the joy of mental stillness](#) via Mindful
- [7 science-based strategies to cope with coronavirus anxiety](#) via The Conversation
- [Pandemic Panic? These 5 Tips Can Help You Regain Your Calm](#) via NPR

